

RAKUEN TRANSLATIONS

STATUS: ONGOING
TYPE: WEBCOMIC
URASUNDAY

1 Danberu nan kiro moteru?

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ARTIST: MAAM
2016

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る?
?

辛向

URA SUNDAY
COMICS
SANDROVICH YABAKO
& MAAM PRESENTS

TRANSLATOR: /A/NONYMOUS TYPESETTER: PAPO41 CLEANER: PAPO41
PROOFREADER: /A/NONYMOUS RAWS: /A/NONYMOUS REDRAWER: PAPO41

CHAPTER 31 - CALF RAISES

ONE
DAY

A TV
CREW
CAME TO
SILVER-
MAN'S
GYM

WHOA,
THIS PLACE
IS MORE
SUBSTANTIAL
THAN I
THOUGHT!

MUJI TV
DIRECTOR:
DEIRE
KUTAROU

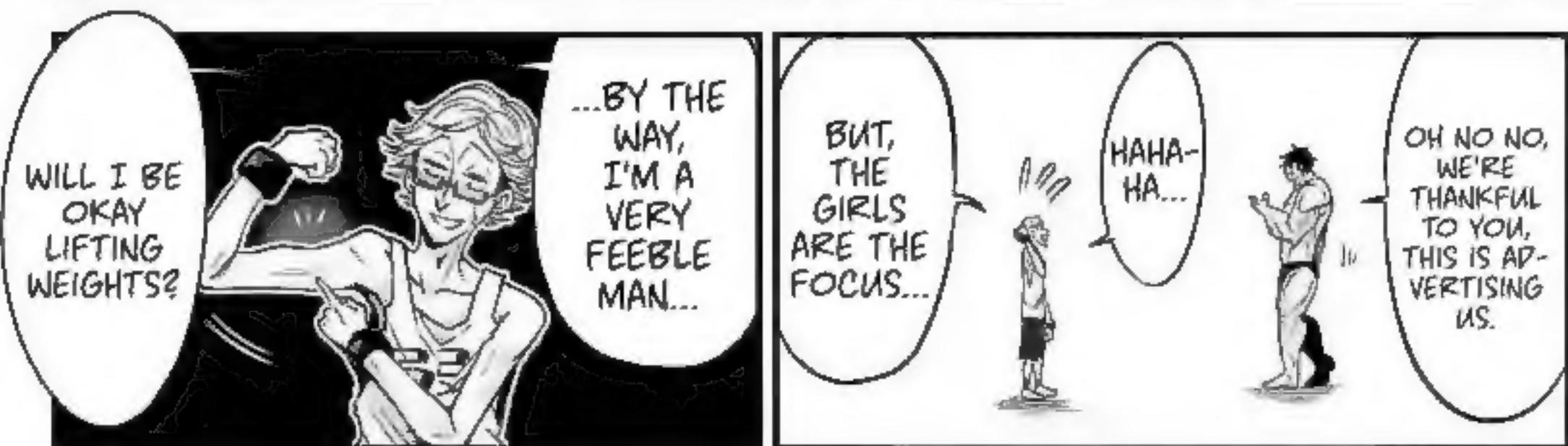


「何を手持てる？」

Note: Satomi-sensei's alias is the same as last alias, "Hirata-san."
Based on Junji Hirata's time spent in the New Japan Pro Wrestling
as masked wrestler "The Super Strong Machine."











CALF RAISES

MACHINE

We believe most gyms have these machines.



BARBELL CALF RAISES

You can also substitute it with barbells and use your body weight!! :-)



SHOULDER WIDTH APART

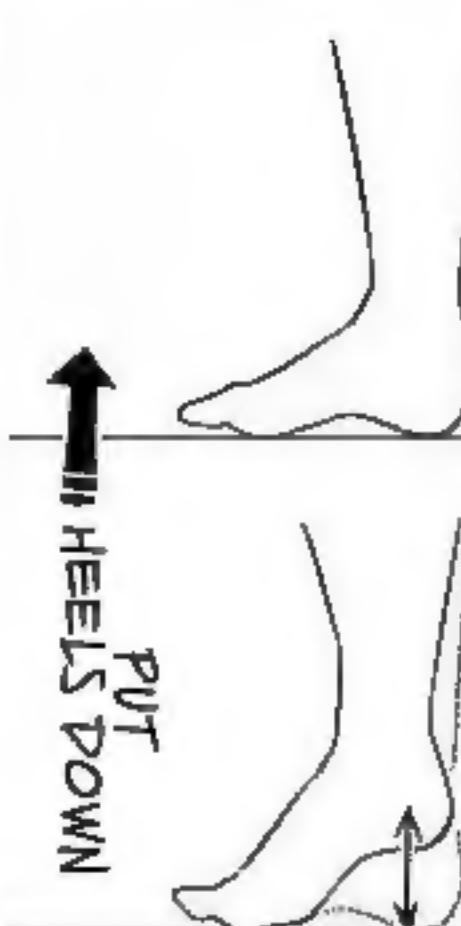
And the calves are especially neglected among this!



SOLEUS



Calf raises train the TRICEPS SURAE MUSCLE (GASTROCNEMIUS AND SOLEUS)



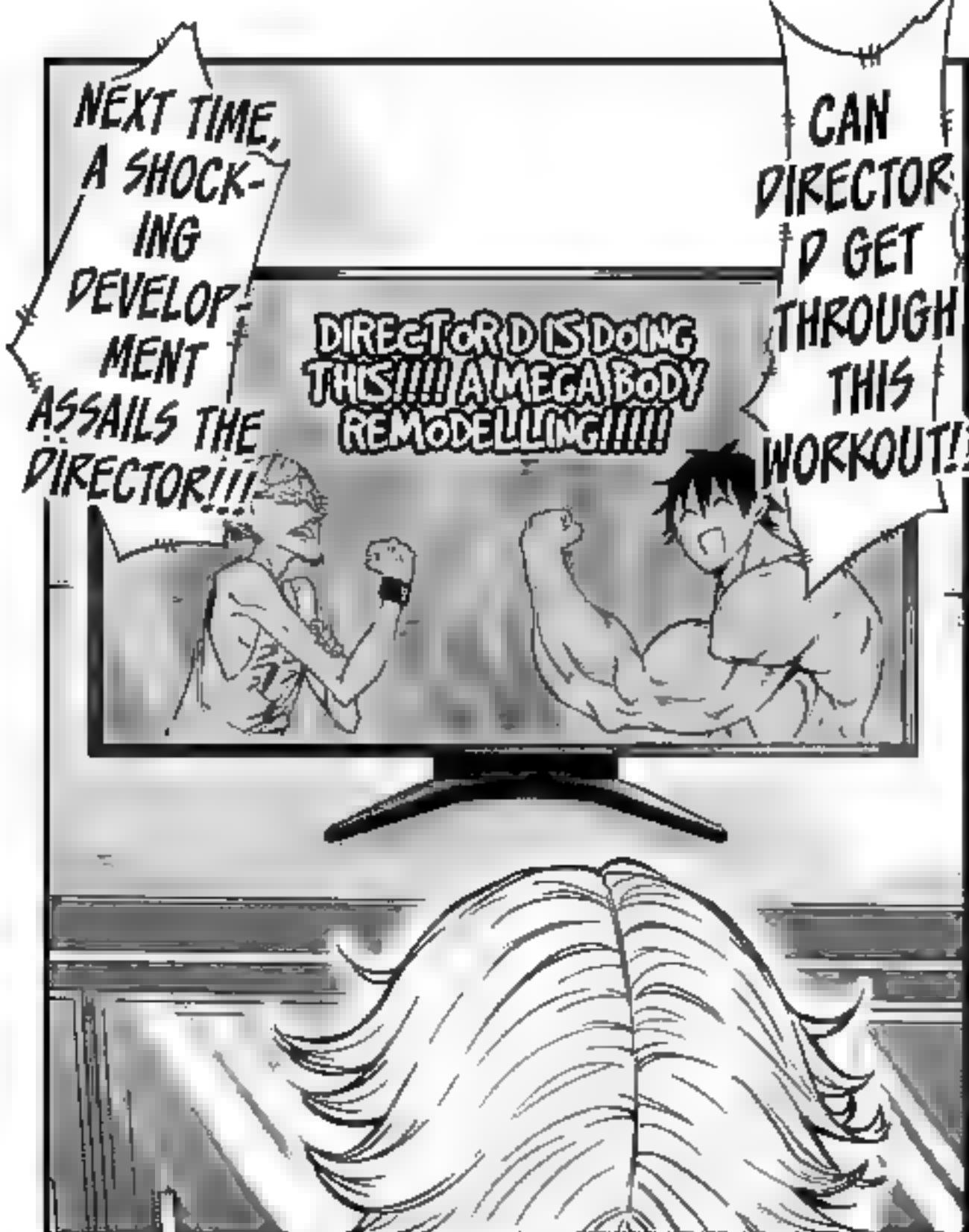
While keeping your knees fixed, repeatedly RAISE YOUR HEELS UP AND DOWN SLOWLY.

Try to aim for 15-20 times at a weight you can complete, while keeping your muscles tight.



The calf
muscle is
also called
the
**SECOND
HEART.**

Make sure
to train
them and
aim for a
healthy
body!









TO THE
ARENA OF
DECISIVE
BATTLE...

HOLLY
WOOD

YOU'LL
COME
BACK

A
STORM IS
APPROA-
CHING
SILVER-
MAN'S
GYM!



INCIDENTALLY ACCIDENTAL

